

Healthy Heart: Virtual Series

The Healthy Heart Virtual Series is 4-week virtual education program focusing on heart disease. Participants will require a computer or smart device with internet access. Group education covers: risk factors for heart disease, nutrition for a healthy heart, medications used to manage heart conditions and self-management techniques. Education will be provided by a Pharmacist, Dietitian, and Nurse

PROGRAM GOALS:

- Understanding heart function, risk factors for heart disease
- Learning lifestyle measures for self-management



WHO IS THIS PROGRAM FOR:

- Adults 18+ with a heart disease or recovering from a recent cardiac event
- Those with a history of hypertension, stroke, heart attack, high sugar and/or cholesterol levels
- Those interested in health education



Where: Virtually on Zoom! You do not need to formally register for this program. New sessions will be posted on the “News” section of the website as well as the Zoom Link to click on to join!

Cost: Free!

Be sure to keep checking www.burlingtonfht.com for new sessions!



Burlington

Family Health Team

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